

# 國立體育大學 111 學年度研究所碩士班招生考試試題

所別:運動保健學系 科目:運動保健概論

(本試題共2頁)


- ※注意：**
- 1.答案一律寫在答案卷上，否則不予計分。
  - 2.請核對試卷、准考證號碼與座位號碼三者是否相符。
  - 3.試卷『彌封處』不得污損、破壞。
  - 4.行動電話或呼叫器等通訊器材不得隨身攜帶，並且關機。

(總計 100 分)

## 一、運動防護學(共 50 分)

- 1.請簡述說明閉鎖式動力鏈與開放式動力鏈之差異 (10 分)
- 2.請簡述前十字韌帶重建手術後，急性期、亞急性期、及慢性期的治療目標及治療方式或運動 (15 分)
- 3.請說明伸展運動(stretch)的種類(5 分)
- 4.請說明棒球投手有肩胛運動障礙(shoulder scapular dyskinesis)的運動治療方式 (5 分)
- 5.請簡述腦盪傷害評估工具第五版 (sport Concussion Assessment Tool 5 , SCAT5) 的內容與項目(5 分)
- 6.請簡述下列文章期刊的內容及結果 (10 分)

## Immediate effect of kinesiology tape on ankle stability

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### ABSTRACT

**Background** Lateral ankle sprain is one of the most common musculoskeletal injuries, particularly among the sporting population. Due to such prevalence, many interventions have been tried to prevent initial, or further, ankle sprains. Current research shows that the use of traditional athletic tape can reduce the incidence of sprain recurrence, but this may be at a cost to athletic performance through restriction of motion. Kinesiology tape, which has become increasingly popular, is elastic in nature, and it is proposed by the manufacturers that it can correct ligament damage. Kinesiology tape, therefore, may be able to improve stability and reduce ankle sprain occurrence while overcoming the problems of traditional tape.

**Aim** To assess the effect of kinesiology tape on ankle stability.

**Methods** 27 healthy individuals were recruited, and electromyography (EMG) measurements were recorded from the peroneus longus and tibialis anterior muscles. Recordings were taken from the muscles of the dominant leg during induced sudden ankle inversion perturbations using a custom-made tilting platform system. This was performed with and without using kinesiology tape and shoes, creating four different test conditions: barefoot(without tape), shoe(without tape), barefoot(with tape) and shoe(with tape). For each test condition, the peak muscle activity, average muscle activity and the muscle latency were calculated.

**Results** No significant difference ( $p > 0.05$ ) was found by using the kinesiology tape on any of the measured variables while the wearing of shoes significantly increased all the variables.

**Conclusion** Kinesiology tape has no effect on ankle stability and is unable to nullify the detrimental effects that shoes appear to have.

## 二、體適能與運動處方(共 50 分)

7. 何謂健康體適能及技術有關的體適能?(5 分)

8. 何謂運動處方的 FITT 原則?(5 分)

9. 何謂 HITT 的訓練理念?(5 分)

10. 運動前及運動後伸展的目的?(5 分)

11. 寫出五個評量運動強度的方法?(5 分)

12. OVERLOAD、DOMS、1RM、BMI、BMR 的中文語意?(5 分)

13. 請寫出五個判斷可能心血管疾病之風險因子?(5 分)

14. 肌肉收縮型態有那三種分類及三個功能搭配(減速、加速、穩定)?(5 分)

15. 健力三項及奧林匹克舉重項目各為那些項目?(5 分)

16. 列出五項高齡者肌肉骨骼與神經兩系統常見的健康問題(5 分)

